



LUNCH

Prices below are in effect as of April 1, 2017 to July 31, 2018.

Prices subject to 13% HST and 18% administrative charge pursuant to your contractual agreement.

An administrative charge (18%) is added to your bill for this catered event / function (or comparable service). 6.65% of the total amount of this charge is used to defray the cost of house expenses and will be maintained by the MTCC. 11.35% of the total amount of this administrative charge is distributed to employees providing the service including servers, bartenders and porters. Prices subject to change without notice.

V Vegetarian
 NF Nut Friendly
 GF Gluten Friendly
 LF Lactose Friendly

Lunch

Select 1 First Course, 1 Second Course and 1 Dessert

All plated lunches are served with rustic breads, freshly brewed Lavazza coffee & tea

First Course

Seasonal soup

Prepared using fresh ingredients. Ask your catering professional for our current selections.

- V NF GF LF Baby greens, herbs & sprouts, shaved seasonal vegetables, organic carrot vinaigrette
- V NF GF Vine tomato salad, fior de latte, crushed basil EVOO, balsamic reduction
- V GF LF Grilled seasonal vegetable antipasto, white bean fennel garlic hummus, eggplant & tomato confit

Second Course

NF Roast chicken orecchiette Charred peppers, baby spinach, grape tomatoes, braised garlic parmesan cream	\$48.00
NF Braised beef short rib rigatoni Seared mushrooms, spinach, charred red pepper & tomato, goat cheese & fresh herbs	\$49.00
NF GF Seared local chicken brie & thyme glaze, roasted grapes Caramelized onion, fingerlings, seasonal vegetables	\$50.00
NF GF Braised Ontario chicken Squash ribbons & baby vegetables, sauvignon blanc tarragon cream	\$52.00
NF GF Seared Atlantic salmon Leek risotto, wilted greens, corn chowder	\$54.00

Second Course (continued)

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|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------|
| NF GF LF | Roasted Ontario pork chop
Apple, fennel & pepper squash ratatouille, roasted blackberry, five spice jus | \$53.00 |
| NF GF | Seared local beef medallions
Roasted mushrooms, goat cheese polenta frits, kale & leek fricassee, ripasso jus | \$55.00 |

Dessert

- V NF Cinnamon chocolate truffle cake
Vanilla rum pineapple carpaccio
- V NF Espresso tart, caramelized bananas
- NF White chocolate, outrageous brownie slice, mango, fresh berries
- V NF Tahitian vanilla New York cheesecake
Strawberry tartare
- V NF GF Crema Catalan, citrus salsa, raspberry foam

Set Buffets

Minimum 40ppl / \$5.00 surcharge per person if less than 40ppl

All lunch buffets served with rustic breads, freshly brewed Lavazza coffee & tea

Passage to Asia \$50.00 / person

- Coconut curry soup
- V NF LF Asian vegetable chow mein noodle salad with a chili soy yuzo dressing
- V NF GF LF Shredded kale & shaved vegetable salad with ginger dressing
- V NF LF Vegetarian spring & maki rolls, kimchi, wasabi & soy
- NF GF LF Seared coastal snapper, grilled scallions, Asian pesto
- NF GF LF Five spice braised beef side ribs with charred shishito peppers
- V GF LF Stir-fried gai lan & peppers, sesame oil & garlic
- V NF GF LF Jasmine lime leaf rice
- V NF Sticky rice with fresh mango, turon, puto

Southern Comfort \$48.00 / person

- NF File gumbo with jalapeño johnnycake
- V NF GF LF Heirloom tomato, red onion, avocado & black-eyed peas, charred pepper salad, smoky chipotle onion dressing
- V NF GF Creamy coleslaw
- NF Southern buttermilk fried chicken, spicy corn & okra ragout
- NF Grilled spicy sausage, sautéed greens, dirty rice risotto
- V NF GF LF Baked eggplant & tomato, squash & bean ragout
- V Bourbon pecan tarts, hummingbird cake, sweet potato cheesecake

Mediterranean

\$49.50 / person

- V NF GF LF Fire roasted tomato & red pepper bisque, caramelized fennel, EVOO drizzle
 - NF Italian greens, herbs, chicories, olives, focaccia croutons, crisp pancetta, parmesan shards, roasted garlic, capers, lemon vinaigrette
- V NF Pasta salad - handmade pasta, charred vegetables, sundried olives, herb vinaigrette
 - NF Duo of fire grilled lamb chops & braised merguez sausages, red pepper goat cheese polenta, ripasso jus
 - NF Mini chicken parmesan, San Marzano chunky vine tomato sauce
 - NF Tuscan pane pizza
- V NF GF Italian inspired mushroom risotto, roasted garlic, baby spinach, aged parmesan
- V NF GF LF Ratatouille of vegetables
 - Cannoli, tiramisu, limoncello panna cotta & biscotti

Canada 150*

\$54.00 / person

- NF Nova Scotia seafood chowder, cheddar cheese biscuits
 - Artisan cheese board & local charcuterie, rustic breads, spreads, pickled vegetables
- V NF GF LF Cookstovn greens, sprouts, herbs, shaved vegetables, natural reductions in olive oil
 - NF GF LF Roast local free run chicken, baby vegetables, sliced creamers, herb jus
 - NF GF LF Seared Alberta AAA beef medallions, marinated top sirloin, roasted shallots, green beans, cabernet jus
- V NF GF LF Greenbelt market vegetables
- V NF GF LF Roasted heirloom potatoes with herbs
 - Rum raisin maple butter tart, Nanaimo mousse, maple brûlée

***Note:** Buns are not served with this buffet. Rustic breads are included with the cheese display

Middle Eastern

\$49.00 / person

- V NF GF LF Chick pea and lentil soup
- V NF GF LF Kachumbari tomato salad
 - V NF Vegetarian couscous salad with cucumber mint dressing
 - LF Cashew & cumin crusted chicken with crushed squash and aromatic jus
- NF GF LF Moroccan flank steak, charred peppers and za'atar spice
- V NF GF LF Saffron basmati pilaf, caramelized onion & fennel, raisins, exotic fruit salsa
- V NF GF LF Vegetable tagine
 - V Housemade baklava, basbousa, Turkish delight, rosewater semolina bites

Working Lunch

Working Lunch Option #1
\$42.00 / person

Working Lunch Option #2
\$44.00 / person

Boxed Lunch
\$28.00 / person

Minimum 30 person order, \$5.00 surcharge per person if less than 30 ppl

Soup	Soup	Choice of 1 salad
Choice of 1 salad	Choice of 2 salads	Choice of 3 sandwiches
Choice of 3 sandwiches	Choice of 4 sandwiches	Dessert
Dessert	Dessert	
Coffee & tea	Coffee & tea	

Soups

Seasonal soup
Prepared using fresh ingredients. Ask your catering professional for our current selections.

Salads

- NF GF Build your own MTCC chef salad*
Roast chicken, smoked ham, aged chiselled Balderson cheese, charred peppers, chopped tomato salsa
- NF GF LF Rustic potato salad
Grain mustard, cracklings
- V NF GF LF Bean salad
Red pepper, mango, cilantro dressing
- V NF GF Baby greens, fresh berries and crumbled goat cheese, balsamic fig vinaigrette*
- V NF GF LF Vine tomato & cucumber salad, basil & celery dressing

Sandwiches

- NF Roast beef
Shaved slow roasted beef, vine tomato confit, aged white cheddar, crunchy sprouts & shaved lettuce, cracked pepper garlic chive mayo
- NF Smoked turkey
Smoke roasted local turkey, Oka cheese, sage & butternut squash spread, microgreens, artisan cranberry bread
- NF Ham & cheese
Shaved black forest ham, smoked Gouda, leek and Kozlik's grainy maple mustard
- NF Roasted chicken
Shaved chicken, apple celery slaw, havarti, treviso & coriander sprouts, curry mustard mayo
- NF Italian deli
Cured and smoked meats, marinated Mediterranean vegetable bruschetta, mascarpone basil spread, shredded romaine
- NF Traditional tuna salad
Flaked tuna, shaved lettuce, citrus mayo, potato bread
- V Moroccan grilled vegetable skewer
Falafel, halloumi, harissa hummus, folded pita
- V NF Roasted portobello and eggplant
Chunky tomato pesto, chopped baby kale, garlic goat cheese, savoury ciabatta

*Not available for boxed lunches

Desserts

- V Fruit shards & cookie

Boxed Lunch Enhancements & Upgrades

Sandwich & Salad Upgrades

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|-----------------|-----------------------------------------------------------------------------------------------------------------------|---------------|
| NF | Smoked Atlantic salmon bagel
Chive cream cheese, shaved onions, lemon cress | \$3.00 / each |
| NF | Shaved beef tenderloin
Slow roasted Black Angus, charred red pepper salsa, 5 year Balderson cheddar on pretzel bun | \$4.00 / each |
| NF | Lobster / shrimp salad sandwich
Low fat tarragon mayo, crunchy celery, peppers & sprouts | \$5.00 / each |

Snack Enhancements

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|------------------------------------------------|--------------------------|---------------|
| V NF GF | Artisan cheese wedges | \$2.00 / each |
| NF | Millionaire's shortbread | \$3.75 / each |